

## SELF-MANAGEMENT SUPPORT IN CHRONIC CARE: NURSES' COMPETENCIES AND THE INFLUENCE OF PERSON-RELATED FACTORS

### Problem statement

Chronic diseases puts a heavy burden on healthcare in every country. Self-management support (SMS) is internationally recognized as a core component in the Chronic Care Model (Wagner *et al.*, 2001). Facilitating persons with a chronic condition to take an active role in the management of their condition implies confidence and good skills of healthcare workers. This study aimed to explore nurses' self-perceived behaviour in chronic care self-management support, and to explore its association with person-related factors.

### Methods

A multi-centric survey in which nurses from hospitals and primary care organizations, and final-year nursing students participated. Data were collected between January 2015 and June 2016, by the self-administered Self-Efficacy and Performance in Self-management Support (SEPSS) instrument. The SEPSS is a Dutch 36-item, Likert-scaled instrument structured according to the Five-A's model (Glasgow *et al.*, 2003) and an overarching partnership attitude, with good validity and reliability (Duprez *et al.*, 2016). Person-related associated factors were derived from behavioural theories and measured by validated questionnaires. Univariate and multivariate analysis were performed.

### Results

In total, 477 nurses and 256 nurse students completed the questionnaire. A large discrepancy between the nurses' self-perceived self-efficacy and performance in SMS was found. The lowest levels of self-efficacy and performance were situated in the Agree and Arrange phase of the SMS process. These results indicate that both nurses and nursing students require more skills in goal setting, shared decision making and organizing follow-up in a multidisciplinary cooperation. Factors predicting nurses' behavior in supporting patients' self-management were self-efficacy, priority, perceived supervisor support and training in self-management support. This model explained 50.3% of nurses' self-management support behavior.

### Discussion and implications

To date, nurses do not optimally fulfil their role in supporting patients' self-management. Nursing student are yet not well-prepared for their role in chronic care. Nursing curricula can be further attuned to the complex competencies of SMS. Nurses' competencies for SMS can be further enhanced by training and organizational support. Besides, nurses should be convinced that they have a unique position to provide SMS.

### References

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